

LETTER from DR. JOHNSTON, of *Portsmouth*,  
to VICE-ADMIRAL WALDEGRAVE.

SIR,                      *October 19th, 1795.*

A GREEABLE to your Desire, I have made several Trials of what is recommended in your printed Hand Bills, and have subjoined the Ingredients used in each Experiment, with the Expence attending them.

	s.	d.
Gravy Beef, One Pound - - -	0	3½
Scotch Barley, 1-third of a Pound	0	1
Potatoes, Two Pounds - - -	0	1
Onions, One Third of a Pound	0	½
Pepper and Salt - - - - -	0	½
Bacon, Three Ounces - - -	0	2½
Produce Four Quarts	0	9

This Quantity, I conceive, would make a Dinner and Supper for Three working Men, without Bread, or any Drink whatever—more salutary and nutritive than the usual Food of the laborious Class of the Community, which, in general, consists of fat Bacon and Cabbage; with this they eat Bread, and must have Beer to drink; and if a labouring Man is supposed to eat a Pound of Bacon, at Nine-pence per Pound, for his Dinner and Supper, that Article alone is equal to what might support Three, independent of Bread and Beer.

	s.	d.
Sheep's Head - - - - -	0	5
Barley, Half a Pound - - -	0	1½
Potatoes, Three Pounds - - -	0	1½
Onions, Half a Pound - - -	0	½
Pepper and Salt - - - - -	0	½
Cabbage, Turnips, and Carrots	0	1
Water, Eleven Pints - - - -	0	0
Produce Six Quarts	0	10

This was superior to the others, in Richness of Flavour and Taste, owing to the Bones in the Head, which were broken in Pieces, previous to their being put into the Stew-pan.

	s.	d.
Bacon, Half a Pound - - - -	0	4½
Barley, Half a Pound - - - -	0	1½
Onions, Pepper, and Salt - - -	0	1
Produce 2 Pounds 8 Ounces	0	7

This would dine Three Men without Bread; but it appears that something would be necessary to drink with it.

	s.	d.
Ox Cheek - - - - -	0	10
Barley, One Pound - - - - -	0	3
Potatoes, Six Pounds - - - -	0	3
Pepper and Salt - - - - -	0	1
Onions, One Pound - - - - -	0	1
Cabbage, Turnips, and Carrots	0	2
Water, Twenty-two Pints - - -	0	0
Produce Three Gallons	1	8

This being made without Bacon, cost Twenty-pence, and produced Three Gallons of most excellent Pottage, sufficient for Eight Men, of the most laborious Employment, for Dinner and Supper. This Trial yielded rich and better Pottage than any of the others; and it appears that Ox Cheek seems to have the Preference to any of the coarse Pieces of Beef.

Trial was made with Neck Beef; the Ingredients and the Quantity produced were the same as in the first Trial.

The Pans in which these Trials were made were very close.

I have also made Trial of the Bread you recommended, in the Proportion of Three Pounds and a Half of Flour to Two Pounds of Potatoes, and found it preferable (from the concurrent Testimony of many who tasted it) to the finest Baker's Bread; and, after keeping it Four Days, it retained the Lightness, and acquired no Acidity.

That the Pottage, prepared as above, is wholesome and nutritive, is so self-evident, as cannot fail to carry Conviction to every unprejudiced Mind, and more conducive to Health than the costly Viands of the most luxurious Tables. I beg Leave, however, to be understood, that I do not recommend this Diet to be Daily used without any Change; but I cannot help being of Opinion, that every poor Family may use it Three or Four times a Week, without being cloyed with a Sameness.

I have the Honour to be, SIR,  
Your most obedient and humble Servant,  
JAMES JOHNSTON, M. D.

*The preceding of John Johnston*